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# Food and Home Notes

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CATALOGING - PREP.



Don't buy limes with dull, dry skin (a sign of aging and loss of acid flavor) or those showing evidence of decay; soft spots, mold, and skin punctures. Look for limes with glossy skin and heavy weight for the size.

\* \* \*

It's tangerine time! Tangerines are available from late November until early March, with peak supplies in December and January. Look for: deep yellow or orange color and a bright luster as your sign of fresh, mature, good-flavored tangerines. Avoid: very pale yellow or greenish fruits, likely to be lacking in flavor (although small green areas on otherwise high-colored fruits are not bad) according to USDA.

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According to the U.S. Department of Agriculture, watercress, prized as an ingredient of mixed green salads and as a garnish, because of its spicy flavor, also has a very high vitamin A content. Available in limited supply most of the year, watercress is a valuable addition to the diet.

\* \* \*

How much is enough? One-half cup is the serving size commonly used for adults for most cooked vegetables. Small children and light eaters are often satisfied with smaller portions.

## TEENAGE EATING HABITS:

### A DIETARY DISASTER AREA

If you think your teenager is not eating properly, chances are you are right. Nutrition education experts took a long, hard look at the eating habits of U.S. teenagers and found them to be a dietary disaster area, composed largely of cookies, potato chips, skipped meals, greasy hamburgers, soft drinks, and doughnuts.

The nutritionists discussed their findings at a recent conference held in Washington, D.C. and sponsored by the U.S. Department of Agriculture and the Interagency Committee on Nutrition Education (ICNE). Participants included representatives of USDA's Agricultural Research Service and of groups working on nutrition problems of teenagers at the State and local level.

Many teenagers have very strange eating habits. They may have the poorest nutrition habits in the United States. Close to one-fourth of a teenager's daily food comes from snacks, many of them full of empty calories.

The purpose of the conference was to discuss "Who is responsible for developing the dietary habits of youth?" Effective ways of working with youth to help in development of good food habits were outlined, and new ideas for offering professional guidance to workers at the State and local level were discussed.

## CHEAPER BY THE DOZEN —

### Food Costs Per Child

It will cost you about \$8300 to feed a girl from infancy to age 18, about \$8900 for a boy, according to U.S. Department of Agriculture estimates. Food costs per child increase as the child grows older. The food needs of young boys and girls grow at the same rate until about 9 years. Then a gap in their eating pattern emerges.

As far as food costs are concerned, children are definitely cheaper by the dozen. In a family of six or more persons, you can subtract ten percent per person as compared to the per person food costs of a family of four. In large families, food costs per person are lowered by savings gained through buying and cooking in large quantities.

Even so, to feed four children on USDA's moderate food cost plan from infancy to 18 years would cost between \$30,000 and \$32,000 at today's prices. This does not take into account any rise in food prices, or candy bars and ice cream cones purchased by the child away from home. Nor does it include the high cost of providing snacks and occasional meals for his friends.

### WHY PICKLES CHANGE COLOR

Usual color changes in home processed pickles occur because vinegar changes the acidity, which in turn affects the color of the pickles. The higher the acidity, the greater the color change. And, when garlic is added to cucumber pickles a more noticeable color change may occur.

Gerald Kuhn, Extension food technologist at Pennsylvania State University, says that this color change in no way causes an inferior product.

The color of pickles may be affected by the degree of softness in the water used for processing.

When processing white vegetables, such as cauliflower, use a white vinegar to keep the vegetables looking white.



## A LOOK INTO HISTORY . . . And Cranberries

The cranberry has a unique place in its association with a uniquely American holiday—Thanksgiving Day.

The settlers at Massachusetts' Plymouth Colony, founded in 1620, wrote that cranberries were growing wild, and that local Indians used them to make pemmican—a high-energy food prepared from dried meats and fruits—and still used today by sportsmen and explorers in arctic regions.

Indian women, said the settlers, were using cranberries as a poultice to draw poisons from wounds.

Henry Hall of Cape Cod was reportedly the first to commercialize cranberry raising, back in 1816. Within forty years the cranberry had attained the status of an industry in Massachusetts, and in 1854 the state began keeping statistics on the annual crop output and its value.

By the late 1800's, the industry had spread to New Jersey, Wisconsin, and out to Oregon. Washington joined later.

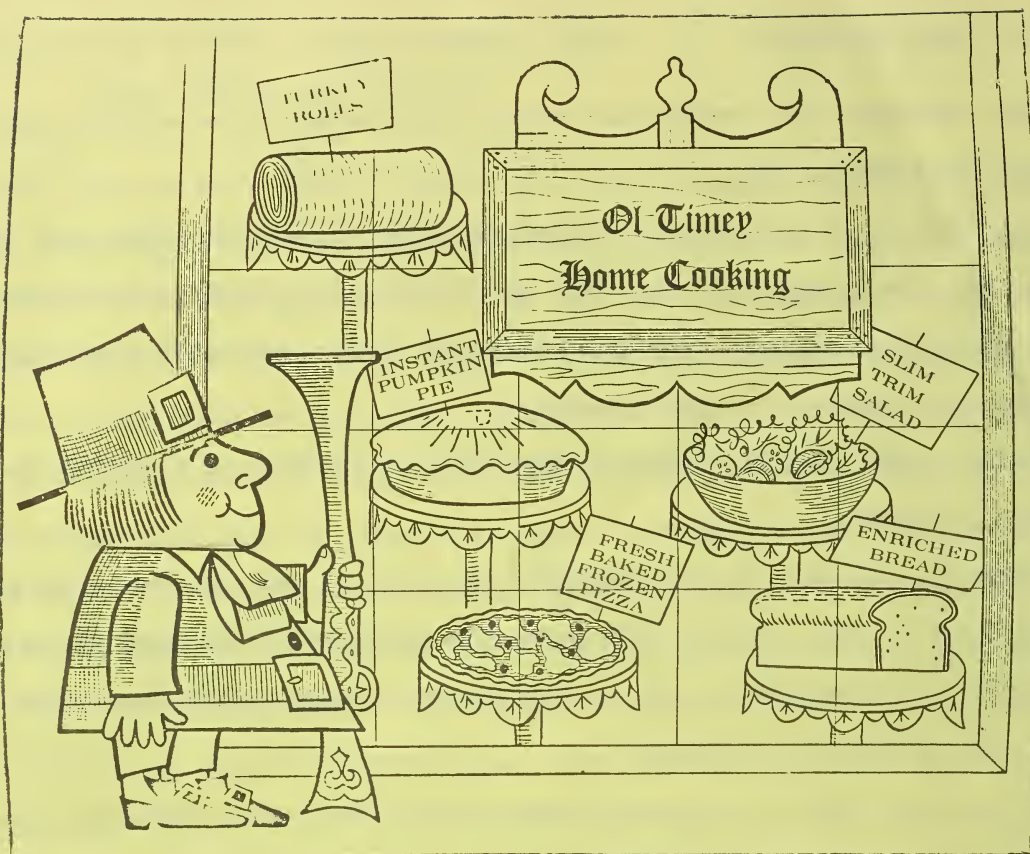
## USE COOL, COOL, WATER

If cranberry juice spills on a fabric, rinse the area with cool water immediately. Or soak stain in cool water for 30 minutes or longer; some stains require an overnight soak.

If the stain remains after sponging or soaking, work a soap or detergent into it, then rinse.

Many stains that can be removed easily when they are fresh are difficult or impossible to remove later, particularly after they are set by heat.

Home and Garden Bulletin No. 62, "Removing Stains From Fabrics" is available for 20 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



## TURKEY TIPS

There are many methods of roasting turkey....from paper bag to covered roaster. Most frequently used is the dry heat roasting at 325°F. Place the turkey breast up on a rack in an open pan. The slow roasting gives the best flavor and appearance and less shrinkage and juice loss. Place several thicknesses of fat dipped cheese cloth or a loose tent of foil over the breast to prevent excess browning. Remove the covering during the last few minutes for a nice brown appearance, if necessary.

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### COMMENTS & INQUIRIES TO:

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